

ABSTRACT

A multifunction gymnastic apparatus includes a resilient fiberglass sheet, a covering wrapping the resilient fiberglass sheet, and two handles connecting two ends of the resilient fiberglass sheet. Whereby a user can manipulate the two handles of
5 the multifunction gymnastic apparatus with his hands to fold the resilient fiberglass sheet. The resilient fiberglass sheet will recovery to an original state after release, and the user can have his muscle into physical training with a reciprocating action of multifunction gymnastic apparatus.